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FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PAPARAZZO SCANDAL IN PARIS. PAGE 15

OTTAWA metro®

Tuesday, April 17, 2012

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SHUT OUT

Zenon Konopka keeps his eye on the puck as he attempts to score on New York Rangers' Henrik Lundqvist during the first period of Game 3 in the first round of playoffs in Ottawa on Monday. Lundqvist stonewalled Ottawa despite barrage of shots by Senators. Rangers won 1-0. For more, visit metronews.ca/ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Gatineau tuition siege ends peacefully

Protest. Students piled tables and chairs in barricade at Université du Québec

About 200 students ended a protest at the Université du Québec en Outaouais peacefully Monday afternoon after barricading themselves inside as part of an ongoing action against tuition hikes.

In response to a court order to keep protesters away from the Gatineau school and for the university to hold classes, student protesters went into the school and blocked the entrance with desks and chairs — and classes remained cancelled.

"The injunction prohibited us from being within 25 metres from here, so we went inside and decided to barricade everything," said spokesman Gabriel Pichette.

Students piled chairs and desks up against the doors and windows of the school in the morning.

For most of the day police lined up outside the doors and barred anyone else from entering the building. Students, most wearing bandanas and masks, clapped, sang and shouted inside.

On Monday afternoon a court upheld the injunction and its requirement the school hold classes, despite an argument from the school administration that the situation was unsafe.

After news of the court ruling reached the protesters, they decided to leave their occupation peacefully.

JESSICA SMITH/METRO

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Local wheelchair racer sets new world record in Boston

Boston Marathon. Cassidy sets the new mark in men's wheelchair race, gets set to compete in 2012 Paralympic Games

JESSICA SMITH
jessica.smith@metronews.ca

A wheelchair racer and motivational speaker from Ottawa set a world record at the Boston marathon Monday.

"My messages are always about accomplishing whatever it is that you want to and overcoming obstacles," said Joshua Cassidy, who won the men's wheelchair race Monday in 1:18:25, beating the previous record by two seconds.

"So for me, it's a good literal illustration I can share with everyone about overcoming some struggles this winter and coming back with a world's best time," Cassidy, who trains twice a day, six days a week, and stepped up his training regime over a tough winter, added.

"It's tough going. It's such a hilly course it's like an interval workout."

"You're hammering it as hard as you can. You've got these tough honking hills that are just brutal in this heat and you're trying to crest over the top and pick up your hand speed to try to take advantage of the downhill as much as you can. It was tough, but I felt pretty darn happy."

Temperatures approached 26 C in Boston Monday, prompting many racers to drop out of the race.

Cassidy, 27, was born in Ottawa and diagnosed with cancer in the spine and abdomen weeks after birth.

He is heading to London, England, for another marathon and will compete in the 2012 Paralympic Games.

Men's wheelchair winner Joshua Cassidy of Canada breaks the tape at the finish line of the 2012 Boston Marathon on Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

School board fight heads to legislature

Nepean-Carleton MPP Lisa MacLeod. JESSICA SMITH/METRO

Nepean-Carleton MPP Lisa MacLeod wants a provincial investigation into what she calls "hijinks" at the Ottawa Carleton District School Board over the prioritization of infrastructure funding for schools.

The request follows MacLeod and city Coun. Jan Harder writing to trustee Donna Blackburn demanding she "stand up for Zone 3 or resign."

Zone 3 includes Barrhaven, where Harder and MacLeod's suburban constituents complain schools are overcrowded. Blackburn supported a plan to rebuild inner city Broadview Public School in Westboro for $15 million, against a staff recommendation to spend $4 million on repairs. MacLeod says the decision takes money from communities that need new schools.

MacLeod asked Ontario education minister Laurel Broten during question period if she would send a ministry official to investigate "the actions of some board trustees who've rejected due process."

Broten said the issue is up to trustees. "We respect the role that they play, and we take their advice very seriously," she said.

Blackburn argues the decision saves the board money because continually repairing the school will be less costly that rebuilding it in the long run.

Blackburn said she believes the demand for her resignation by an MPP and city councillor is "unprecedented."

"A lot of the people who support me and who have known me for a long time and know how hard I've worked for education are referring to their behaviour as bullying, but I'm not going to go there myself," she said.

JESSICA SMITH/METRO

1 NEWS

On the web

Tupac act rings holo

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Off their meds

Taking the birth control pill to cure acne rather than prevent pregnancy? "Off label" prescribing as it's called might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber fortress came quietly. Scan the code for the story.

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Confessed Norway shooter on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victim's families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Mental state

The key issue to be resolved during the trial is Breivik's mental state, which will decide whether he is sent to prison or into psychiatric care.

- **Anxious to prove he is not insane, Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.**
- **One mental examination found him legally insane, while another said he wasn't sick enough to be committed to psychiatric care instead of prison.**

Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway's capital Monday, defiantly rejecting the authority of the court. HEIKO JUNGE/THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

Sofie Tømmerås Lyshagen, left, and Håkon Knudsen. CONTRIBUTED

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utoya last July.

Tømmerås Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tømmerås Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Tømmerås Lyshagen, to hear her story.

You lost several close friends at the island.

Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And 20 other friends.

How do you recover after such an event?

I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?

After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love of the first sight?

I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?

It was the media who started to write about us, but we felt that we wanted to give a different picture of Utoya. There has been so much negative about the island; it has become so black and dangerous.

Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

How has this tragic event changed you?

The politics has a stronger meaning. We will not give up just because of one maniac.

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RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers, and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with ... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months, aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, an officer of 19 years from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace a in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met President Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

McSalt

Salt content can be lowered, despite fast food industry claims

Researchers are questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Menu items were compared from major chains around the world and salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

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U.S. security team sent home

Prostitute snag.
Members of military and secret service accused of throwing wild hotel party ahead of Obama state visit

The top U.S. military officer said Monday the nation's military leadership is embarrassed by allegations of misconduct against at least 10 U.S. military members at a Colombia hotel on the eve of President Barack Obama's visit over the weekend.

"We let the boss down," Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, told a Pentagon news conference. He said he regretted that the scandal, which also involved 11 Secret Service agents accused of cavorting with prostitutes at the hotel, diverted attention from Obama's diplomacy at a Latin America summit.

The Secret Service sent 11 of its agents home from Colombia amid allegations they had hired prostitutes at a Cartagena hotel. The military members being investigated were staying at the same hotel, Little said.

Appearing with Dempsey at the Pentagon, Defence Secretary Leon Panetta said U.S. troops are expected to abide by "the highest standards" of behaviour whether they are at home or abroad. He noted that a military investigation is under way.

THE ASSOCIATED PRESS

The Pentagon reacts

"We're embarrassed by what occurred in Colombia."

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff
Speaking at Monday's Pentagon news conference

War planes bomb border town

Two Sudanese Sukhoi fighters dropped six bombs in the Bentiu area on Monday, killing five and wounding four others. Sudan and the newly formed South Sudan continue to battle over a disputed oil rich border area.

MICHAEL ONYIEGO/THE ASSOCIATED PRESS

Tied to the Taliban

Afghan officials pin terrorist attacks on Haqqani network

Afghan officials blamed a brazen series of weekend attacks on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida.

The 18-hour offensive left 36 insurgents and 11 others dead and was the largest in Kabul since insurgents fired on the U.S. Embassy and NATO headquarters last September.

THE ASSOCIATED PRESS

Racially motivated?

Two accused in deadly Tulsa shooting spree plead not guilty

A judge entered not guilty pleas Monday for two men accused of going on a racially-motivated shooting spree in a predominantly black section of Tulsa over Easter weekend, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

THE ASSOCIATED PRESS

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Chretien lauds Liberal-NDP merger

Strange bedfellows. Former prime minister says hard-line left wingers and conservative Grits could feel alienated by alliance

Jean Chretien is still promoting the idea of Liberals and New Democrats merging into one federal party, despite strong objections to the NDP's approach to Quebec independence.

In an interview Monday, the former Liberal prime minister dismissed suggestions that a merger now – when the Liberals have been reduced to a third-party rump and New Democrats are on the rise – would amount to an NDP takeover of his once-mighty party.

Chretien said the shape of a new political entity would not be determined by the number of seats each party holds but by the strength of their ideas.

"In a new party, this (numbers game) does not matter anymore. It's intellectual capacity that will make the difference," he said.

On that score, Chretien expressed confidence the Liberals would hold their own in any merger negotiations and that their predominantly centrist viewpoint would prevail.

The historical references of the new party would be iconic Liberals like Sir Wilfrid Laurier, in the same way Sir John A. Macdonald is a touchstone for the Conservative party, formed in 2003 from a merger of the Progressive Conservatives and Canadian Alliance, Chretien said.

"The minority group in the merger was the party of John A. Macdonald," he pointed out.

Chretien allowed that "the harsh left-wingers of the NDP might not be very comfortable and the very conservative Liberals might not be very comfortable" with a new centrist party.

Noting that Canada has had three minority governments since 2004 and describing the current Conservative majority as "very narrow," he predicted a merger would "create a lot of political stability in the land."

Chretien disagrees with the NDP's position that a bare majority referendum vote would be sufficient to kick start negotiations on Quebec secession.

As prime minister, he introduced the Clarity Act, which stipulates that the federal government would only enter into such negotiations following a "clear majority" vote on a clear question. THE CANADIAN PRESS

A stronger opposition

"You would have a new party that would be a centrist party."

Former Prime Minister Jean Chretien
On a proposed amalgamation of the federal Liberal and NDP parties

Former prime minister Jean Chretien gestures during an interview about the possibility of a Liberal-NDP merger at his office in Ottawa on Monday.
FRED CHARTRAND/THE CANADIAN PRESS

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CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

Even government studies show that free trade agreements with these countries would promote a much larger increase in automotive imports from those countries rather than exports from Canada, the report said in calling for Ottawa to rethink its auto trade policy. THE CANADIAN PRESS

The tower that Trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Housing. Vancouver weighs on market as home prices fall

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

"You've got a tug-of-war," Gregory Klump, CREA's chief economist, said Monday, with fewer sales over $1 million in Vancouver in March weighing on the national average, while high-end sales in Toronto picked up the pace.

"A year ago at this time, high-end sales in Vancouver were running at unusually high levels and they've since fallen back to earth and as a result you've got a year-over-year decline in average prices," he said. THE CANADIAN PRESS

Market Minute

DOLLAR 100.03¢ (-0.13¢)

TSX 12,037.59 (-2.8)

OIL $102.93 US (+10¢)

GOLD $1,649.70 US (+$10.50)

Natural gas: $2.016 (+3.5¢)
Dow Jones: 12,921.41 (+71.82)

Mining

Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games. Rio Tinto supplied metal for the medals that will be handed out to the gold, silver and bronze medal finishers at the Summer Olympics. THE CANADIAN PRESS

London 2012 Olympic medals
GETTY IMAGES

Economy

U.S. retail sales up in March

Americans bought more electronics, started home improvement projects and updated their wardrobes last month, inspired by warmer weather and a healthier job market.

Retail sales rose 0.8 per cent in March, the Commerce Department said Monday. The gain capped a strong quarter for retail spending, which is contributing to a brighter outlook among economists for growth in the January-March quarter.

More retail spending also helped offset a decline in confidence among home builders. And it could ease concerns about March hiring, which slowed to half the pace of the previous three months. THE ASSOCIATED PRESS

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FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

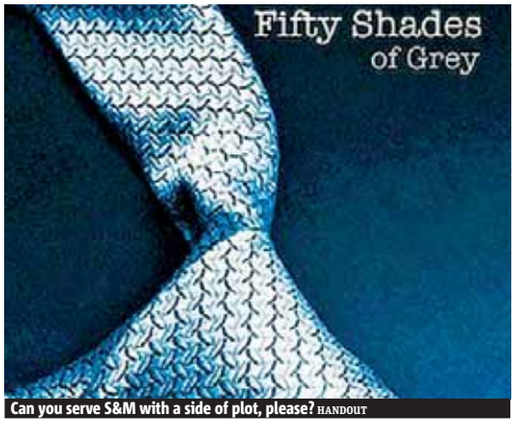
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@StephenPic: Senator fan tailgating in parking lot playing air guitar with bottle of mustard in hand... Sick bro, everyone agrees you rule! #NYR #Sens

@Natalie_B32: Scotia Bank Place is going mental. Love it. #Sens

@DJ_ImProV: #rangerssuck chant has already started!! Game still 10 minutes away!! Lol #believeit #sens

@94_UnrulyNation: CROWD IN SCOTIA BANK PLACE IS ELLLLLEEECTRIC ◙GO #SENS GO

@AlexandreDube: Daniel Alfredsson ne participera pas au 3e match entre les Rangers et les Sénateurs. Butler prendra sa place sur le 2e trio. #Sens

metro

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2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.

Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

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DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

The Horrors are already a household name in the U.K. GETTY IMAGES

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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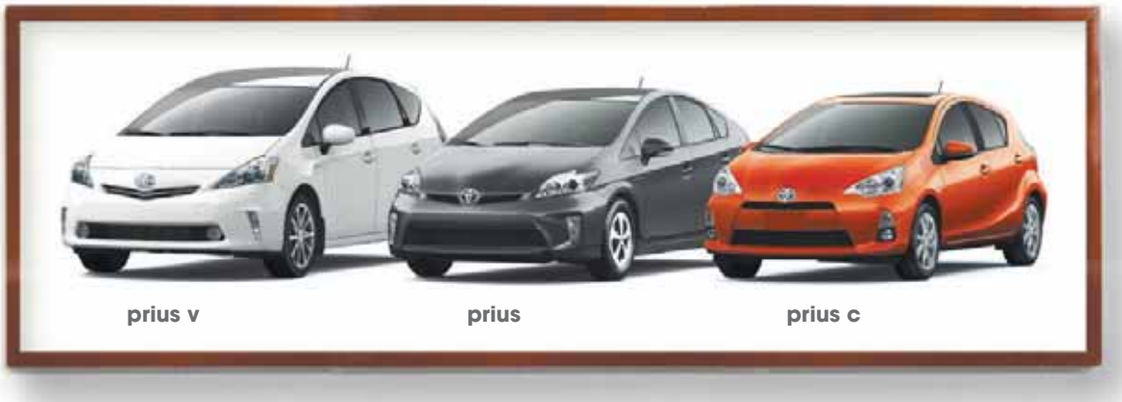

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Girls gone mild: Show gets real

Normal in New York. HBO series focuses on a Bradshaw character sans the Blahniks

TINA CHADHA
Metro World News in New York

"Girls is a show that couldn't exist without Sex and the City (SATC) and is about girls who grew up watching SATC, but is not directly linked to SATC," Lena Dunham says about the highly anticipated new HBO series she created, wrote, directs and stars in.

Unlike the fab, Manolo-filled lives of Carrie and co., Girls is about four 20-somethings fumbling through life in Brooklyn.

Wannabe writer Hannah, played by Dunham, and her besties glamourize a different New York, one where blog writers are subsidized by mom and dad and affairs take place on couches in Prospect Heights rather than at the Ritz.

"SATC characters are always going to be [an] archetype for women in New York, but we are covering a different age range," Dunham explains. "This show just has a different energy."

Dunham's New York is populated by entitled youth who have awkward sex, both subjects she also explored in her 2010 breakthrough movie Tiny Furniture, which won the Narrative Feature Film Award at SXSW and charmed HBO executives. The film was based on her post-college experience lingering around her parents' Tribeca loft while trying to find herself, a similar sentiment shared by Hannah — but one not all viewers may be sympathetic about.

Lena Dunham as Hannah in Girls. HANDOUT

As a matter of fact

"My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Lena Dunham, creator, director, writer and star of Girls

"Some of these issues might seem 'hashtag: white girl problems,' but I also think that some of that is real," Dunham insists. "Hannah is self-aware about some of it and not about some of it, much the way people are in real life. We're saying it's OK to laugh at her. It's OK to criticize her."

Even if Hannah's family life isn't entirely relatable, the candor with which the show examines relationships will be. Sex scenes are graphic and cringe-worthy; in one shot, Dunham is naked and on her knees. Throughout the series, she doesn't shy away from opportunities to brazenly bare her larger-than-size-2 body.

"Because historically the women who do sex scenes look a certain way, there is something inherently political about putting a body that doesn't look that way onto the screen," she explains.

"That was sort of the impetus starting out. My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

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www.OttawaWeddingShow.com

How to not forget Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the How I Met Your Mother actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."

Who's that Efron in the mirror?

Zac Efron

Zac Efron admits that after packing on 18 pounds of muscle to play a Marine in The Lucky One, he didn't know who was staring back at him from the mirror.

"By the end of the movie I didn't recognize myself," Efron tells Men's Health. "You hear about guys like Christian Bale who dive into it and are really able to transform. I've always wondered if I had the willpower to actually do it. And I'll always have pride around the sense that I can."

Efron, who's back to his slimmer 145 pounds, says his secret is a healthier-than-normal work ethic. "I could pick up almost anything. If you put it in front of me, I could always find a way to tackle it," he says. "I was never a natural at anything, but I could always outwork everybody."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation. "If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car). If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

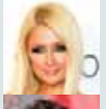
And here I thought their attitudes towards fat people were harsh.

Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Twitter



@ParisHilton
DJ's are the New Rock Stars!

@ricky_martin
today I'm happy but with the kind of happyness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

@SarahKSilverman
What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

@SethMacFarlane
You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.

Each week, six kids from across Ontario have three days to rebuild their local playgrounds.

Giver
World Broadcast Premiere
Tonight at 6:30 pm on TVO

Tonight, Hamilton takes the challenge.

tvo kids
tvokids.com

3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

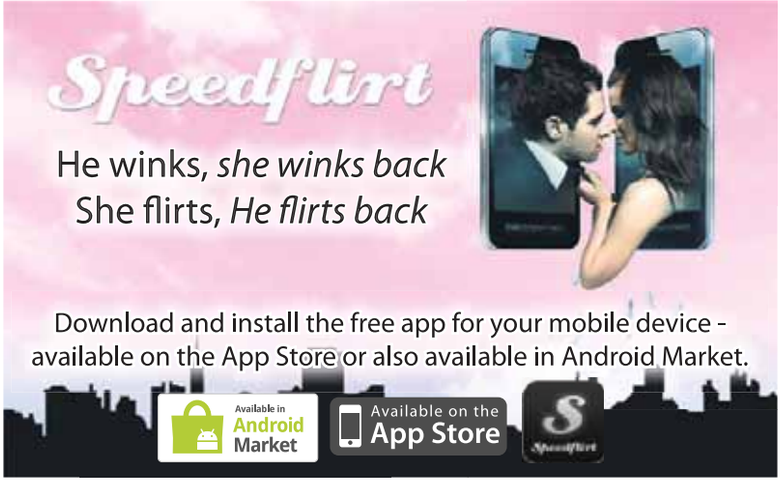
7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?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She flirts, He flirts back
Download and install the free app for your mobile device - available on the App Store or also available in Android Market.
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Lean toward the tasty soup options at Artuo's Market

Chicken Parmigiana Sandwich with Chili Tomato Soup ($9.99). SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

Arturo's Market is a humble little restaurant on Beechwood that offers typical Italian food. You'll find the usual suspects: pizza, pasta and panini.

There are a couple of booths, some high-top tables and a few two-person tables. Burlap covers the windows and a chalkboard highlights favourites of the day and special drinks.

The Chicken Parmigiana sandwich came with a large bowl of chili tomato soup. The soup had a nice kick from the chili and was brimming with pasta and vegetables, including broccoli and cauliflower. It had a mellow flavour and the burst of tomato peeked through each spoonful.

I was disappointed with the Chicken Parmigiana sandwich. The bun took centre stage instead of the chicken. Even after removing the diva bun, the chicken was mild and lacked oomph. Sadly, the tomato sauce could have shone but was too sparse to make a difference.

Maybe the Italian-style sandwiches or the pizza are the real stars at Arturo's Market.

Visiting the restaurant

Arturo's Market

Address. 49 Beechwood Ave.

Phone. 613-321-4613

Rating. 3/5

Price range. $$

Reservations. No

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner

1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

Where's the beef? Not in this chunky chili

1. Place turkey thighs in a large saucepan and cover with cold water. Bring to a boil over high heat; cover and simmer for 20 to 25 minutes, or until juices run clear when turkey is pierced. Remove to plate and let cool.

2. In a Dutch oven, heat oil over medium heat. Add onions and carrots; cook for 7 minutes, stirring occasionally. Stir in garlic and jalapeno pepper; cook for 1 minute. Stir in tomato paste.

3. Stir in turkey, tomatoes with juice, beans, broth, chili powder, oregano and cumin; bring to a boil, stirring often. Reduce heat; cover and simmer for about 20 minutes.

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Ingredients

- 625 g (1 1/4 lb) ground turkey
- 30 ml (2 tbsp) vegetable oil
- 375 ml (1 1/2 cups) chopped onions
- 250 ml (1 cup) finely diced carrots
- 1 large clove garlic, minced
- 15 ml (1 tbsp) minced seeded jalapeno pepper
- 1 can (156 ml/5 1/2 oz) tomato paste and diced tomatoes
- 2 cans (each 540 ml/19 oz) bean medley, drained and rinsed
- 175 ml (3/4 cup) chicken broth or water
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) ground cumin

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Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

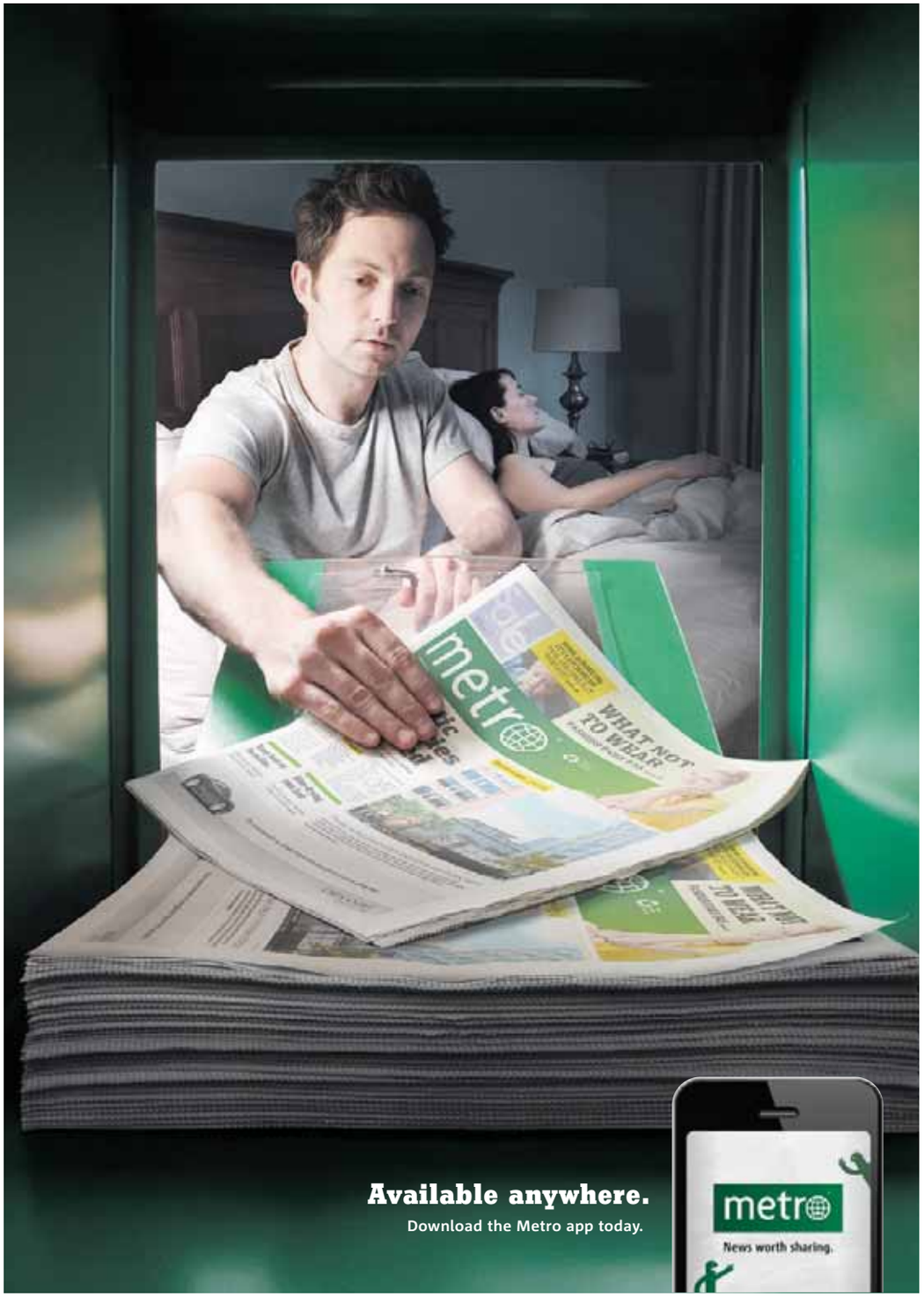
So now the final part of your question, how much!

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion. Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

A 10-per-cent tip seems fair for a delivery person. ISTOCK



How to get the perfect online dating profile

Guidance. Artful Online Dating's Christine Hooker helps clients build creative profiles

CASSANDRA GARRISON
Metro New York

Are you a single gal who "loves to have fun" and is looking for "a nice, funny guy?" Or are you a single guy who is "currently obsessed with The Wire" and wants to meet a "cool girl?"

Then you, my friend, are an online dater with a chronically uncreative profile. It happens to the best of us.

Anyone who has ever taken the plunge and signed up for a dating website is well-versed in what can be the agonizing experience of writing a witty, clever and non-creepy (guys!) profile. And worse — choosing photos that don't scream, "I'm doe-eyed and sassy. Look at my cleavage" or "See this six-pack? This could be yours."

But single people — there is hope, and it comes in the form of Brooklyn-based startup Artful Online Dating (artfulonlinedating.com).

Christine Hooker, 30, found an untapped market for digital dating guidance after helping countless friends improve their profiles once she successfully met her own boyfriend online. She quit her corporate advertising gig and launched Artful Online Dating for singles who need a little help letting their personalities shine online.

"For me, online dating was really fun and I found that because I had a marketing background, it came very naturally to me," Hooker said. "But for people who are not used to writing that kind of description of themselves, it can be daunting."

Through Artful Online Dating, Hooker offers services (including a Wingman Supreme) that can help you maximize your online potential. Maybe you don't have a knack for writing — she'll meet with you and ask questions to bring out your more interesting quirks to include in your profile. For between $20 and $79, she will scan your answers for overused phrases, weed out your generic photos or even help you craft the perfect first message.

Hooker shared some expert advice with Metro about creating the ultimate profile, but first, we took the opportunity to ask her a question that has been burning in our minds: Why do so many girls have moustaches in their profile pictures?

"It's an epidemic," Hooker laughed. "The psychology behind it might be that you want to show a goofy side of you and it's hard to do that in a picture without looking like an idiot."

But will this trend ever die?

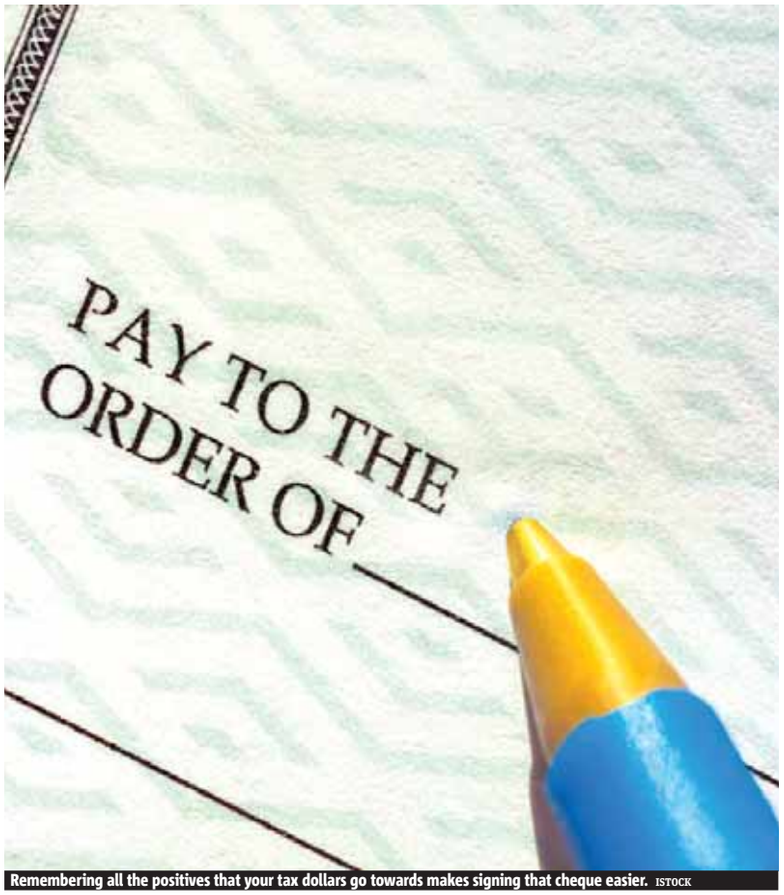
"I think people don't realize that everyone else is doing it. It's sort of the hipster lexicon of visuals," Hooker explained.

"I am going to declare that moustaches are over."

OK, now that that's cleared up, Hooker had some other tips for both men and women when it comes to those dreaded questions and answers: have a sharp, clear head shot that shows your face well; if you say you like to "have fun," for goodness sake, please elaborate; don't waste space on details that aren't necessarily interesting to potential matches (ladies, your obsession with Grey's Anatomy: fellas, your penchant for working on cars with your boys).

"Think more about what you would want to do with that person," Hooker advised.

"Instead of saying you love taking cooking classes with your best girls, say you like to cook a nice meal for someone who appreciates it."



Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful

YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

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4 SPORTS

Figure skating

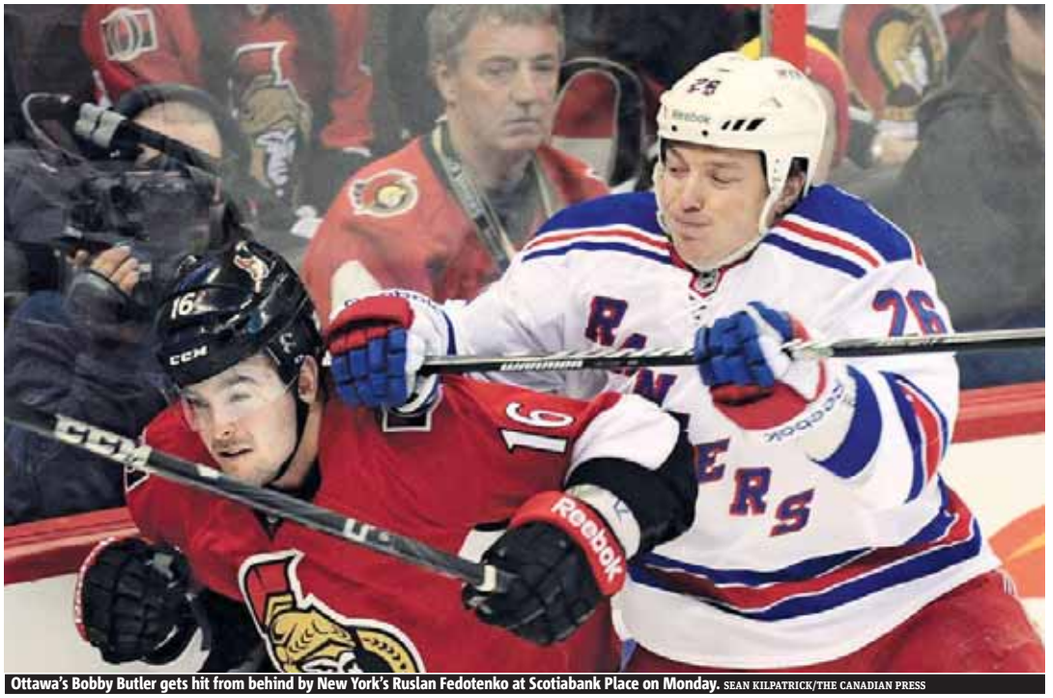
Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

Rangers get one more save than Senators



Ottawa's Bobby Butler gets hit from behind by New York's Ruslan Fedotenko at Scotiabank Place on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

NHL. Lundqvist wins battle of goalies as New York takes series lead

Brian Boyle scored the winner as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night in Game 3 of the best-of-seven Eastern Conference quarter-final series.

The Rangers now lead the series 2-1.

Both goaltenders had to be at their best and on this night they matched one another save-for-save, with the exception of one.

Henrik Lundqvist earned the shutout stopping 39 shots, while Ottawa's Craig Anderson stopped 22 shots.

Game 3

Rangers	Senators
1	0

Lundqvist's biggest save came in the last minute of regulation, robbing Kyle Turris with a quick pad save.

The Senators were forced to play without captain Daniel Alfredsson who continues to suffer the effects from a hit to the head by Carl Hagelin in Game 2. Bobby Butler replaced Alfredsson.

Hagelin was suspended for three games and in his absence Chris Kreider was inserted into New York's lineup. Kreider was making his NHL debut.

Scoreless after 40 minutes the third period promised to be entertaining and it didn't disappoint.

The Senators dominated play early in the period, forcing Lundqvist to make a number of saves. It was following one of these flurries that the Rangers regained possession and opened the scoring.

Boyle, who has scored in all three games, took a rebound off the side of the net and backhanded it past Anderson to give the Rangers a 1-0 lead with just over 12 minutes remaining in regulation.

With 7:09 remaining the Senators went on the power play, but it was short lived as Chris Phillips took a slashing penalty on Boyle who had a breakaway opportunity.

The Senators dominated much of the second period, outshooting the Rangers 13-8, but that's not to say New York didn't have their chances.

At the 11-minute mark of the second, Ruslan Fedotenko had a shot hit the post and on the rebound managed to get just enough of the puck that it trickled across the goal-line as both Anderson and forward Jason Spezza dove to smother it.

After an official review, it was it was clear the puck did not cross the goal-line. THE CANADIAN PRESS

Sports in pictures

1 Soccer. Muamba leaves hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis. Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. THE CANADIAN PRESS

Please join us for a seminar on combining colour, patterns and textures in your home décor

Monday April 23rd,
6:30pm to 8:30pm – Shepherd's Fashions,
145 Train Yard Drive, at the Train Yards

Catherine Pulcine, Ottawa's premier interior decorator, will walk you through the amazing world of home décor. Combining patterns and textures is about layering different elements in an interior that do not necessarily match, but compliment one another to create a beautiful room. This can be scary for most home owners but Catherine will put you at ease and make it fun.

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There is no charge, however, space is limited.
Call 613 599-5564 ext. 38 to reserve your spot!
Being held at the new **Shepherd's Fashions** in the Train Yard mall, **145 Train Yard Drive**

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS (Best-of-7)

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8) (Series tied 1-1)
Last night's result
N.Y. Rangers at Ottawa
Saturday's result
Ottawa 3 N.Y. Rangers 2 (OT)
Tomorrow's game
N.Y. Rangers at Ottawa, 7:30 p.m.
Saturday, April 21
Ottawa at N.Y. Rangers, 7 p.m.

BOSTON (2) VS. WASHINGTON (7) (Series tied 1-1)
Last night's result
Boston at Washington
Saturday's result
Washington 2 Boston 1 (2OT)
Thursday's game
Boston at Washington, 7:30 p.m.
Saturday, April 21
Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6) (Series tied 1-1)
Sunday's result
Florida 4 New Jersey 2
Tonight's game
Florida at New Jersey, 7 p.m.
Thursday's game
Florida at New Jersey, 7 p.m.
Saturday, April 21
New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5) (Philadelphia leads series 3-0)
Sunday's result
Philadelphia 8 Pittsburgh 4
Tomorrow's game
Pittsburgh at Philadelphia, 7:30 p.m.
Friday's game
x-Philadelphia at Pittsburgh, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8) (Los Angeles leads series 3-0)
Sunday's result
Los Angeles 1 Vancouver 0
Tomorrow's game
Vancouver at Los Angeles, 10 p.m.
Sunday, April 22
x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7) (Series tied 1-1)
Last night's result
St. Louis at San Jose
Thursday's game
St. Louis at San Jose, 10:30 p.m.
Saturday, April 21
San Jose at St. Louis, 7:30 p.m.

PHOENIX (3) VS. CHICAGO (6) (Series tied 1-1)
Saturday's result
Chicago 4 Phoenix 3 (OT)
Tonight's game
Phoenix at Chicago, 9 p.m.
Thursday's game
Phoenix at Chicago, 8 p.m.
Saturday, April 21
Chicago at Phoenix, 10 p.m.

NASHVILLE (4) VS. DETROIT (5) (Nashville leads series 2-1)
Sunday's result
Nashville 3 Detroit 2
Tonight's game
Nashville at Detroit, 7:30 p.m.
Friday's game
Detroit at Nashville, 8 p.m.

LATE SUNDAY

KINGS 1, CANUCKS 0

First Period — No Scoring.
Penalties — Brown LA (elbowing) 5:15, Lapierre Vcr (roughing) 11:21, Pahlsson Vcr (interference) 17:16.
Second Period — No Scoring.
Penalties — Penner LA (holding) 1:36, Edler Vcr (interference) 1:43, Burrows Vcr, Kopitar LA (fighting), Bieksa Vcr (roughing) 2:53, Pahlsson Vcr (interference) 5:11, Mitchell LA (cross-checking) 5:57, Lapierre Vcr (unsportsmanlike conduct) 9:20, Penner LA (charging) 12:24.
Third Period
1. Los Angeles, Brown 4 (Williams, Kopitar) 6:30
Penalties — Hamhuis Vcr (high-sticking) 12:05, Edler Vcr (delay of game) 18:23.
Shots on goal by

Vancouver	11	14	16	— 41
Los Angeles	5	6	9	— 20

Goal — Vancouver: C.Schneider (L,0-1-0); Los Angeles: Quick (W,3-0-0). **Power plays (goals-chances)** — Vancouver: 0-4; Los Angeles: 0-8.
Attendance — 18,352 (18,118) at Los Angeles.

PLAYOFF SCORING LEADERS

	G	A	PT
Giroux, Pha	4	4	8
Briere, Pha	4	1	5
Brown, LA	4	1	5
Crosby, Pgh	2	3	5
Neal, Pgh	2	3	5
Jagr, Pha	1	4	5
Schenn, Pha	1	4	5
Couturier, Pha	3	1	4
Talbot, Pha	3	1	4
Kunitz, Pgh	2	2	4
Staal, Pgh	2	2	4

Not including last night's games

HOCKEY

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
U.S.	3	3	0	0	0	13	0	9
Canada	**3**	**2**	**0**	**0**	**1**	**14**	**7**	**6**
Finland	3	2	0	0	1	9	7	6
Czech Republic	3	1	0	0	2	10	15	3
Denmark	4	0	0	0	4	6	23	0

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	4	3	0	0	1	18	10	9
Russia	3	2	0	0	1	14	5	6
Latvia	4	2	0	0	2	11	15	6
Germany	3	1	0	0	2	9	15	3
Switzerland	2	0	0	0	2	4	11	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Brno, Czech Republic
Canada 6 Czech Republic 2
Finland 5 Denmark 1
At Znojmo, Czech Republic
Latvia 5 Germany 4
Russia 6 Sweden 0
Today's games — All Times Eastern
At Brno, Czech Republic
Czech Republic vs. Finland, 10 a.m.
U.S. vs. **Canada**, 2 p.m.
At Znojmo, Czech Republic
Sweden vs. Russia, 10 a.m.
Switzerland vs. Germany, 2 p.m.
End of Preliminary Round

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	5	4	.556	—
New York	5	4	.556	—
Toronto	5	4	.556	—
Tampa Bay	5	5	.500	½
Boston	4	6	.400	1½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	6	3	.667	—
Chicago	5	3	.625	½
Cleveland	4	4	.500	1½
Kansas City	3	6	.333	3
Minnesota	2	7	.222	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	6	.333	4½

Yesterday's results
Tampa Bay 1 Boston 0
Minnesota at N.Y. Yankees
Baltimore at Chicago White Sox
Detroit at Kansas City
Oakland at L.A. Angels
Sunday's results
Toronto 9 Baltimore 2
Boston 6 Tampa Bay 4
Cleveland 13 Kansas City 7
Detroit 5 Chicago White Sox 2
N.Y. Yankees 11 L.A. Angels 5
Seattle 5 Oakland 3
Texas 4 Minnesota 3
Tonight's games — All Times Eastern
Minnesota (Liriano 0-1) at N.Y. Yankees (Sabathia 0-0), 7:05 p.m.
Tampa Bay (Niemann 0-1) at Toronto (Romero 1-0), 7:07 p.m.
Texas (Lewis 1-0) at Boston (Lester 0-1), 7:10 p.m.
Baltimore (W.Chen 0-0) at Chicago White Sox (Danks 1-1), 8:10 p.m.
Detroit (Smyly 0-0) at Kansas City (B.Chen 0-0), 8:10 p.m.
Oakland (T.Ross 0-0) at L.A. Angels (Haren 0-1), 10:05 p.m.
Cleveland (Masterson 0-1) at Seattle (Millwood 0-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	7	3	.700	—
New York	6	3	.667	½
Atlanta	5	4	.556	1½
Philadelphia	4	5	.444	2½
Miami	4	6	.400	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Houston	5	4	.444	2½
Cincinnati	4	6	.400	3
Milwaukee	4	6	.400	3
Pittsburgh	3	6	.333	3½
Chicago	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	1	.900	—
Arizona	6	3	.667	2½
Colorado	4	5	.444	4½
San Francisco	4	5	.444	4½
San Diego	2	8	.200	7

Last night's results
Houston at Washington
N.Y. Mets at Atlanta
San Diego at Colorado
Pittsburgh at Arizona
Philadelphia at San Francisco
Sunday's results
Arizona 5 Colorado 2
Atlanta 7 Milwaukee 4
Cincinnati 8 Washington 5 (11 inn.)
L.A. Dodgers 5 San Diego 4
Miami 5 Houston 4 (11 innings)
Philadelphia 8 N.Y. Mets 2
Pittsburgh 4 San Francisco 1
St. Louis 10 Chicago Cubs 3
Tonight's Games — All Times Eastern
Houston (W.Rodriguez 0-1) at Washington (G.Gonzalez 0-0), 7:05 p.m.
Chicago Cubs (Dempster 0-1) at Miami (Jo.Johnson 0-2), 7:10 p.m.
N.Y. Mets (J.Santana 0-1) at Atlanta (Delgado 1-0), 7:10 p.m.
L.A. Dodgers (Billingsley 2-0) at Milwaukee (Gallardo 1-1), 8:10 p.m.
Cincinnati (Cueto 1-0) at St. Louis (Lohse 2-0), 8:15 p.m.
San Diego (Bass 0-1) at Colorado (Moyer 0-2), 8:40 p.m.
Pittsburgh (Karstens 0-1) at Arizona (I.Kennedy 2-0), 9:40 p.m.
Philadelphia (Blanton 1-1) at San Francisco (Bumgarner 1-1), 10:15 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	7	7	.500	170	172	—
x-Philadelphia	14	7	7	.500	159	183	—
x-Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — clinched playoff berth.
Saturday's results
Edmonton 11 Buffalo 8
Rochester 14 Calgary 12
Colorado 19 Toronto 12
Minnesota 14 Washington 9
Friday's games
Edmonton at Colorado, 9 p.m.
Toronto at Washington, 11 p.m.
Saturday's games
Rochester at Buffalo, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
Calgary at Edmonton, 9 p.m.

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POINTS LEADERS
Through April 14

1. Greg Biffle, 273 points; 2. (tie), Matt Kenseth and Dale Earnhardt Jr., 254; 4. Martin Truex Jr., 253; 5. Kevin Harvick, 249; 6. Denny Hamlin, 242; 7. Tony Stewart, 234; 8. Jimmie Johnson, 233; 9. Ryan Newman, 225; 10. Clint Bowyer, 219.
11. Carl Edwards, 215; 12. (tie), Paul Menard and Joey Logano, 192; 14. Kyle Busch, 184; 15. Brad Keselowski, 183; 16. Jeff Burton, 179; 17. Jeff Gordon, 177; 18. Juan Pablo Montoya, 174; 19. A J Allmendinger, 172; 20. Mark Martin, 170.
21. Regan Smith, 167; 22. Aric Almirola, 166; 23. Jamie McMurray, 160; 24. Marcos Ambrose, 159; 25. Bobby Labonte, 152; 26. Kurt Busch, 147; 27. Kasey Kahne, 130; 28. Casey Mears, 119; 29. David Ragan, 109; 30. David Gilliland, 109.
31. David Reutimann, 106; 32. Dave Blaney, 104; 33. Landon Cassill, 91; 34. Travis Kvapil, 85; 35. Brian Vickers, 66; 36. David Stremme, 63; 37. J.J. Yeley, 60; 38. Brendan Gaughan, 50; 39. Michael McDowell, 47; 40. Ken Schrader, 47.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	14	.767	—
y-Miami	42	17	.712	3½
x-Indiana	39	22	.639	7½
x-Boston	36	25	.590	10½
x-Atlanta	36	25	.590	10½
x-Orlando	36	25	.590	10½
New York	31	29	.517	15
Philadelphia	31	29	.517	15
Milwaukee	29	31	.483	17
Detroit	22	38	.367	24
New Jersey	22	39	.361	24½
Toronto	22	40	.355	25
Cleveland	20	39	.339	25½
Washington	14	46	.233	32
Charlotte	7	53	.117	39

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
L.A. Clippers	37	23	.617	7
Memphis	35	25	.583	9
Dallas	34	27	.557	10½
Denver	33	27	.550	11
Houston	32	28	.533	12
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	37	.403	20
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	19	42	.311	25½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Atlanta 109 Toronto 87
Indiana 111 Minnesota 88
New Orleans 75 Charlotte 67
Orlando 113 Philadelphia 100
Miami at New Jersey
Washington at Chicago
Denver at Houston
Dallas at Utah
Portland at Phoenix
San Antonio at Golden State
Oklahoma City at L.A. Clippers
Sacramento 104 Portland 103
Tonight's games — All Times Eastern
Indiana at Philadelphia, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Boston at New York, 8 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.
Sunday's results
Toronto 102 Atlanta 86
Boston 94 Charlotte 82
Chicago 100 Detroit 94 OT
Denver 101 Houston 86
L.A. Lakers 112 Dallas 108 OT
Miami 93 New York 85
New Orleans 88 Memphis 75
Orlando 100 Cleveland 84
Sacramento 104 Portland 103

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Arsenal 1 Wigan 2

FRANCE

LIGUE 1

Rennes 3 Nice 1

SPAIN

LA LIGA

Getafe 5 Sevilla 1

HAWKS 109, RAPTORS 87

ATLANTA (109)
Jo.Johnson 6-13 4-5 18, Smith 6-15 3-6 15, Collins 0-2 0-0 0, Teague 6-11 6-8 19, Hinrich 3-6 0-0 6, I.Johnson 9-13 3-4 21, Williams 5-11 5-7 16, Radmanovic 1-2 0-0 3, McGrady 3-7 4-6 11, Pargo 0-0 0-0 0. Totals 39-80 25-36 109.
TORONTO (87)
Anderson 4-8 2-2 12, A.Johnson 4-8 0-0 8, Gray 0-0 0-0 0, Uzoh 2-11 0-0 4, DeRozan 8-14 5-5 22, Ja.Johnson 7-11 3-5 18, Alabi 4-9 0-0 8, Davis 3-6 0-0 6, Forbes 3-12 3-4 9. Totals 35-79 13-16 87.

Atlanta	30	24	25	30—109
Toronto	32	19	17	19—87

3-Point Goals—Atlanta 6-21 (Jo.Johnson 2-6, Radmanovic 1-1, McGrady 1-3, Teague 1-3, Williams 1-3, Hinrich 0-2, Smith 0-3), Toronto 4-9 (Anderson 2-4, DeRozan 1-1, Ja.Johnson 1-1, Forbes 0-3). Fouled Out—None. Rebounds—Atlanta 50 (Smith 9), Toronto 49 (Uzoh 10). Assists—Atlanta 28 (Teague 10), Toronto 20 (Uzoh 8). Total Fouls—Atlanta 13, Toronto 27. Technicals—Toronto defensive three second 2. A—15,992 (19,800) at Toronto.

GOLF

PGA FEDEXCUP STANDINGS

Through April 15

	Points	Money YTD
1. Hunter Mahan	1,378	US $3,094,040
2. Bubba Watson	1,322	$3,124,138
3. Phil Mickelson	1,136	$2,515,481
4. Carl Pettersson	1,111	$2,145,253
5. Johnson Wagner	1,056	$2,008,193
6. Rory McIlroy	1,045	$2,424,000
7. Kyle Stanley	964	$2,008,919
8. Justin Rose	948	$2,175,206
9. Mark Wilson	932	$1,927,685
10. Brandt Snedeker	888	$1,757,814
11. Tiger Woods	875	$1,811,000
12. Bill Haas	865	$1,806,659
13. Keegan Bradley	795	$1,609,692
14. Steve Stricker	734	$1,497,210
15. Luke Donald	705	$1,379,706
16. Zach Johnson	682	$1,241,525
17. Ben Crane	627	$1,268,431
18. Louis Oosthuizen	623	$1,462,839
19. Kevin Na	592	$1,228,487
20. Robert Garrigus	561	$1,042,238
21. Martin Laird	556	$1,162,429
22. John Huh	547	$1,189,980
23. Matt Kuchar	546	$1,104,959
24. Jim Furyk	540	$1,121,816
25. Graeme McDowell	530	$1,117,360
26. Charles Howell III	524	$810,670
27. Lee Westwood	509	$1,271,425
28. Sang-Moon Bae	498	$941,146
29. Webb Simpson	468	$866,717
30. Spencer Levin	449	$765,758
31. John Rollins	439	$863,973
32. George McNeill	437	$810,214
33. Sean O'Hair	435	$657,172
34. Jason Dufner	432	$767,687
35. Charlie Wi	431	$817,922
36. Bud Cauley	424	$678,802
37. Aaron Baddeley	419	$796,866
38. John Senden	416	$769,788
39. Bo Van Pelt	409	$868,188
40. Ernie Els	376	$717,344
41. D.A. Points	367	$694,533
42. Ian Poulter	365	$796,445
43. Kevin Stadler	356	$688,003
44. Brian Davis	355	$638,188
45. Harrison Frazar	352	$667,986
46. Dustin Johnson	348	$735,410
47. Bryce Molder	347	$623,745
48. John Mallinger	345	$553,300
Also		
125. Graham DeLaet	**138**	**$190,190**
127. Stephen Ames	**133**	**$152,397**
141. David Hearn	**109**	**$179,619**

NHL. Daniel Sedin back to practice with Canucks' season hanging in balance

Daniel Sedin is returning to practice with the Vancouver Canucks as they attempt to avoid a shocking playoff exit.

Sedin has been sidelined with an apparent concussion for 12 games, including the Canucks' three straight losses to the eighth-seeded Los Angeles Kings. The 30-goal scorer and former Hart Trophy finalist is flying to Los Angeles to join the Canucks at practice Tuesday before Game 4 against the Kings on Wednesday. Sedin has been out since taking an elbow to the head from Chicago Blackhawks defenceman Duncan Keith. The NHL handed Keith a five-game suspension. THE CANADIAN PRESS

Quoted

"Daniel is continuing to follow protocol. He's been skating for a few days and has been cleared to practice."

Head coach Alain Vigneault
via the Canucks' Twitter feed.

Skiing. Vonn pays off $1.7 million in back taxes

Olympic gold medallist Lindsey Vonn announced through her Facebook page that she has paid the more than $1.7 million US she owed in back taxes.

According to public records obtained through the Elko County recorder's office in Nevada, the IRS hit the reigning overall World Cup champion and her estranged husband with a tax lien earlier this month. The Detroit News first reported on the tax lien.

Vonn wrote on Facebook that she's "disappointed with this situation" and has done "everything in my power to settle it immediately."

Her spokesman, Lewis Kay, confirmed Monday she has settled the tax issue.

THE ASSOCIATED PRESS

Lindsay Vonn GETTY IMAGES

Johnson swinging a hot bat for Blue Jays

MLB. Toronto's second baseman providing much-needed offence early in season

The fact that Kelly Johnson is one of a handful of Jays who are off to a good start offensively doesn't rank as a sizeable accomplishment.

For the Jays though, there is a certain sign of roster depth when Johnson and Edwin Encarnacion are the players who have carried the club through nearly two weeks of the season.

Johnson's contributions — he has already matched the three homers he totalled last year in 39 games with the Jays — certainly begin to make the club's decision to sign him to a one year deal and avoid arbitration a potentially flattering one.

Back in the first week of December, debate continued in Toronto and within the Jays management circles about the wisdom of returning Johnson to second base. The price and the deal gave certainty at the position, but the club could have picked up a pair of supplemental draft picks had Johnson signed elsewhere.

That reward was the last opportunity to collect that level of bounty under the revised CBA. The Jays have already collected supplemental picks for John Rauch, Jose Molina, and Frank Francisco, but Johnson's free agency ranking provided the biggest haul at two picks.

Flash forward to the second weekend of the season and Johnson is more comfortable in his Jays skin than he was when Toronto acquired him from Arizona for the popular Aaron Hill and John MacDonald prior to the waiver deadline last August.

"It's early, and what I've been saying most of my career is wherever I fit in doesn't matter, as long as I do what I think I'm capable of," Johnson said. "I want to zero in and be a selective hitter, and be focused enough to not swing at a pitch if it's not my pitch."

Johnson might be seeing more pitches to hit, batting out of the second slot in the order.

"Hitting first or second suits me, maybe seeing more pitches or walks, but really, I try not to do anything other than what makes me successful," Johnson said. "Home runs for me don't happen because I feel good and then go out and try to swing harder. It's more mistake pitches that I drive ... I have the power to do that, but they come in streaks and bunches for me." TORSTAR NEWS SERVICE

Johnson's stats

- Among American League second basemen, Johnson is second in home runs, tied for third in RBIs (6), and first in base-on-balls percentage.
- Johnson and Edwin Encarnacion have now combined for about half of the Jays offence so far this season with six of the club's 11 home runs and 15 of its 31 RBIs.

Kelly Johnson hits a first inning home run against the Baltimore Orioles Saturday in Toronto. BRAD WHITE/GETTY IMAGES

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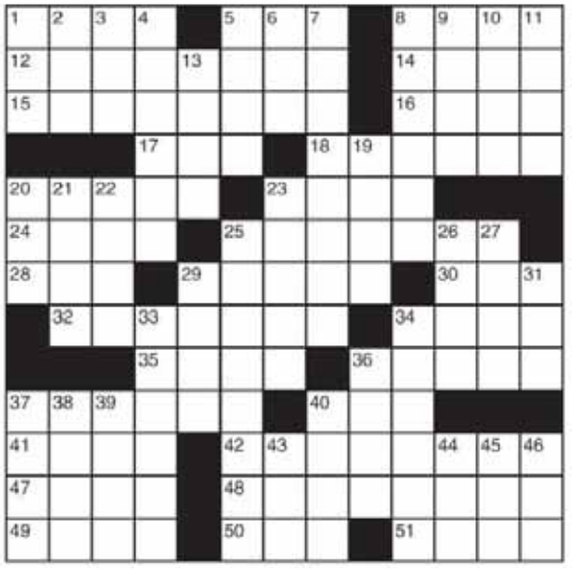
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

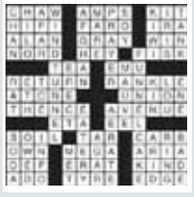
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Wednesday 12°/4° Sunny
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Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2012 Chevrolet (Malibu LS R7B/Sonic Sedan LS R7A/Cruze LS R7A/Equinox LS FWD R7A). ±0%/0%/0%/1.99%/0% purchase financing offered by GMCL for 84/72/72/84/72 months on 2012 Chevrolet (Malibu LS R7B/Sonic Sedan LS R7A/Cruze LS R7A/Cruze LS R7A/Equinox LS FWD R7A). O.A.C by TD Auto Finance Services/TD Auto Finance Services/Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0%/1.99% APR, monthly payment is $138.89/$127.63 for 72/84 months. Cost of borrowing is $0/$720.92, total obligation is $10,000/$10,720.92. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $25,595/$15,975/$16,995/$27,495 with $0 down payment. †‡Freight & PDI ($1,495/$1,495/$1,495/$1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. @Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. @Bluetooth is a registered trademark of Bluetooth SIG Inc. ◊Based on retail registrations in the 12 months following launch. ‡Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. Δ2012 Chevrolet Equinox equipped with standard 2.4L ECOTEC I-4 engine. 2012 Chevrolet Orlando fuel consumption ratings based on GM testing in accordance with approved Transport Canada test methods. Comparison based on fuel consumption ratings published by Natural Resources Canada. Your actual fuel consumption may vary. ★Comparison based on 2012 Wards segmentation: Middle/Cross Utility Vehicle and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ©For more information go to iihs.org/ratings. ††2012 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies $35,844. 2012 Sonic Sedan LTZ, MSRP with freight, PDI & levies $22,134. 2012 Cruze LTZ with PDA, MSRP with freight, PDI & levies $28,604. 2012 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies $35,729. Dealers are free to set individual prices.